

Kindergarten Physical Education Pacing Guide

August 2015

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p>SOL K.1</p> <ul style="list-style-type: none"> • Locomotor skills • Toss and catch • Trap • Roll • Moving to a rhythm • Kicking • Five basic jumps <p>SOL K.2</p> <ul style="list-style-type: none"> • Directions • Levels • Pathways <p>SOL K.3</p> <ul style="list-style-type: none"> • Warm-ups • Tag games 	<p>SOL K.1</p> <ul style="list-style-type: none"> • Kick to partner • Bounce and catch • Jumping/Landing • Chase, flee and dodge • Toss and catch • Bending • Pulling • Turning • Balance on body parts • Volley with hand • Simple dances with music <p>SOL K.3</p> <ul style="list-style-type: none"> • Circuit centers • Individual jump ropes <p>SOL K.4</p> <ul style="list-style-type: none"> • Cooperative relays 	<p>SOL K.1</p> <ul style="list-style-type: none"> • Dribble • Strike with paddle • Strike a balloon while moving • Move to basic rhythmic patterns • Swinging, swaying and rocking • Balance beam • Throwing at targets • Rolling to hit targets • Wands/Rings <p>SOL K.2</p> <ul style="list-style-type: none"> • Effort concepts • Move different directions to drum <p>SOL K.4</p> <ul style="list-style-type: none"> • Cooperative activities <p>SOL K.6</p> <ul style="list-style-type: none"> • Jump Rope for Heart 	<p>SOL K.1</p> <ul style="list-style-type: none"> • Kick to target • Strike with bat • Jump low obstacles • Chase and flee • Partner toss and catch • Overhand/underhand throwing • Balance and move • Log roll • Jump a moving rope • Dodging a thrown ball
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